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position of each distal end relative to the longitudinal axis causes the main arm member to pivot about the main pivot;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said press arm.

D2
8. (Amended) The exercise apparatus of Claim 2 wherein the secondary pivots are substantially parallel to each other.

11. (Three Times Amended) A press arm for an exercise machine comprising a main arm member having a main pivot and a pair of laterally spaced apart secondary pivots substantially orthogonal with respect to the main pivot, and secondary pivots substantially parallel to one another;

a pair of secondary arms coupled to the main arm member at respective ones of the secondary pivots;

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wherein each of the secondary arms pivot both inwardly and outwardly from an at rest position about a respective one of the secondary pivots along an arcuate path that is fixed relative to the main arm member; and

a longitudinally axis oriented perpendicular to the secondary pivot axes and perpendicular to the main pivot axis, wherein each secondary arm has a distal end, wherein movement of the distal ends inward toward one another while maintaining a longitudinal position of each distal end relative to the longitudinal axis causes the main arm member to pivot about the main pivot.

D4
15. (Amended) An exercise apparatus comprising:
a frame;
a main arm member pivotally coupled to the frame from a main pivot on the frame and a first secondary arm coupled to the main arm member at a first secondary pivot, wherein the main

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pivot and the first secondary pivot each have a pivot axis and wherein the pivot axis of the first secondary pivot is substantially orthogonal to the pivot axis of the main pivot, and wherein the first secondary arm pivots both inwardly and outwardly from an at rest position about the first secondary pivot along an arcuate path that is fixed relative to the main arm member;

a longitudinally axis oriented perpendicular to the first secondary pivot axis and perpendicular to the main pivot axis, wherein the first secondary arm has a distal end, wherein movement of the distal end perpendicular to the longitudinal axis causes the main arm member to pivot about the main pivot;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said main arm member.

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16. (Amended) The exercise apparatus of Claim 15, further comprising a second secondary arm coupled to the main arm member at a second secondary pivot.

18. (Amended) An exercise apparatus comprising:

a frame;

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a main arm member pivotally coupled to the frame from a main pivot on the frame and a pair of secondary arms coupled to the main arm member at respective secondary pivots, wherein the main pivot and each of the secondary pivots has a respective pivot axis and wherein the pivot axis of the secondary pivots are substantially orthogonal to the pivot axis of the main pivot, and wherein each of the secondary arms pivot both inwardly and outwardly from an at rest position about a respective one of the secondary pivots along an arcuate path that is fixed relative to the main arm member;

a longitudinally axis oriented perpendicular to the secondary pivot axes and perpendicular to the main pivot axis, wherein each secondary arm has a distal end, wherein movement of the distal ends inward toward one another while maintaining a longitudinal

D6
position of each distal end relative to the longitudinal axis causes the main arm member to pivot about the main pivot;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said main arm member.

20. (Amended) An exercise apparatus comprising:

a frame;

D7
a main arm member pivotally coupled to the frame at a main pivot on the frame and a pair of secondary arms coupled to the main arm member at respective secondary pivots, wherein the main pivot and each of the secondary pivots has a respective pivot axis, wherein the pivot axis of the secondary pivots are substantially orthogonal to the pivot axis of the main pivot, and wherein each of the secondary arms are suspended when at rest;

a longitudinally axis oriented perpendicular to the secondary pivot axes and perpendicular to the main pivot axis, wherein each secondary arm has a distal end, wherein movement of the distal ends inward toward one another while maintaining a longitudinal position of each distal end relative to the longitudinal axis causes the main arm member to pivot about the main pivot;

a source of exercise resistance; and

means for coupling said source of exercise resistance to said main arm member.

D8
22. (New) The exercise apparatus of Claim 2, wherein the secondary pivots are laterally separated by a distance substantially equal to or greater than a distance extending between a pair of shoulder joints of an intended user.

23. (New) The exercise apparatus of Claim 2, wherein each of the secondary arms pivot both inwardly and outwardly along the arcuate path to at least a straight press exercise start position and a butterfly exercise start position.

24. (New) The press arm of Claim 11, wherein the secondary pivots are laterally spaced apart by a distance substantially equal to or greater than a lateral distance extending between a pair of shoulder joints of an intended user.

25. (New) The press arm of Claim 11, wherein each of the secondary arms pivot both inwardly and outwardly along the arcuate path to at least a straight press exercise start position and a butterfly exercise start position.

26. (New) The exercise apparatus of Claim 16, wherein the first and second secondary pivots are laterally separated by a distance substantially equal to or greater than a lateral distance extending between a pair of shoulder joints of an intended user.

27. (New) The exercise apparatus of Claim 16, wherein each of the secondary arms pivot both inwardly and outwardly along the arcuate path to at least a straight press exercise start position and a butterfly exercise start position.

28. (New) The exercise apparatus of Claim 18, wherein the secondary pivots are laterally separated by a distance substantially equal to or greater than a lateral distance extending between a pair of shoulder joints of an intended user.

29. (New) The exercise apparatus of Claim 18, wherein each of the secondary arms pivot both inwardly and outwardly along the arcuate path to at least a straight press exercise start position and a butterfly exercise start position.

30. (New) The exercise apparatus of Claim 20, wherein the secondary pivots are laterally separated by a distance substantially equal to or greater than a lateral distance extending between a pair of shoulder joints of an intended user.

31. (New) The exercise apparatus of Claim 20, wherein each of the secondary arms are pivotal about a respective one of the secondary pivots to at least a straight press exercise start position and a butterfly exercise start position.